

Senior B – Session Request Form

Skater: _____ Coach: _____

Select your sessions by double clicking in the shaded area next to the session to place a check mark (✓)

| Monday | | | Tuesday | | | | Wednesday | | | |
|--|--|------------------------------------|---|--|---|--|---|--|---------------------------------------|--|
| WEM | | | TRC-a | | TRC-b | | TRC-a | | TRC-b | |
| 12:30 – 1:30pm Freeskate - Sr A | | | 1:15 – 2:15pm Freeskate - Sr A | | 4:00 – 4:15pm Spins - Sr B | | 1:00 – 2:00pm Freeskate - Sr A | | 4:00 – 4:15pm Spins - Int B | |
| Flood | | | Flood | | 4:00 – 6:00 Comp | | Flood | | 4:15 – 6:15 Freeskate - Int B | |
| 1:45 – 2:30 Freeskate - Sr A | | | 2:30 – 3:30 Freeskate - Elite | | 5:15 – 6:00 Freeskate & Dance - Jr 11+ | | 2:15 – 3:15 Freeskate - Sr A | | 5:15 – 5:30 Stroking - Int B | |
| Flood | | | 3:30 – 4:00 Edges - Sr A, Comp | | Flood | | Flood | | 3:30 – 4:15 Flood | |
| 2:45 – 3:45 Freeskate - Sr A/B | | | Flood | | 6:15 – 6:45 Edges - Int B | | 3:30 – 4:15 Freeskate - Sr A/B | | 4:15 – 6:15 Dance / Skills - Int B | |
| 3:45 – 4:00 Edges - Sr A/B | | | 4:15 – 5:00 Freeskate - Sr A/B | | 6:45 – 7:45 Freeskate - Int B | | 4:15 – 4:45 Stroking - Int A, Sr A/B, Comp | | 5:45 – 6:15 Dance / Skills - Int B | |
| Flood | | | Flood | | 7:45 – 8:15 Spins - Int A/B | | Flood | | 5:45 – 7:15 Comp | |
| 4:15 – 5:00 Freeskate - Sr A/B | | | 5:15 – 6:15 Freeskate - Jr U11 | | | | 5:00 – 6:00 Freeskate - Int A, Sr A/B | | | |
| 5:00 – 6:00 Freeskate - Int B | | | 6:15 – 6:45 Edges - Jr, Int A, Sr B | | | | 6:00 – 6:30 Spins - Int A, Sr A/B | | | |
| Flood | | | 6:45 – 7:45 Freeskate - Int A, Sr A/B | | | | 6:00 – 6:30 Edges - Jr | | | |
| 6:15 – 6:30 Edges - Int A/B, Sr B | | | | | | | 6:30 – 7:30 Freeskate - Jr | | | |
| 6:30 – 7:00 Spins - Int A/B, Sr A/B | | | | | | | | | | |
| 7:00 – 8:00 Freeskate - Int A, Sr A/B | | | | | | | | | | |
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| 4:00 – 4:50pm Fitness - Int B | | | 4:15 – 5:00pm Fundamentals - Jr | | 5:30 – 6:00pm Jump Class - Int B | | 5:00 – 5:45pm Jump Class - Jr | | | |
| 4:15 – 5:15 Fitness - Sr A | | | 5:10 – 6:05 Fitness - Int A, Sr B | | | | | | | |
| 5:15 – 6:15 Fitness - Sr A | | | 5:15 – 6:15 Ballet - Sr A | | | | | | | |
| 5:35 – 6:05 Jump Class - Int A, Sr B | | | | | | | | | | |
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| Thursday | | | Friday | | | | Saturday | | | |
| WEM | | CLW | TRC-a | | TRC-b | | WEM | | CLW | |
| 12:30 – 1:30pm Freeskate - Sr A | | 6:00 – 8:00pm Comp / AdultSkate | 12:30 – 1:30pm Freeskate - Elite | | 3:15 – 4:45pm Comp | | 8:00 – 9:00am Freeskate - Int B | | 9:45 – 10:45am Comp / AdultSkate | |
| Flood | | | Flood | | 4:45 – 5:45 Freeskate - Int B | | 9:00 – 9:30 Spins - Int A/B, Sr A/B | | 11:00 – 12:00 Comp / AdultSkate | |
| 1:45 – 2:30 Freeskate - Sr A | | | 1:45 – 2:45 Freeskate - Sr A | | 5:45 – 6:00 Spins - Int B | | 9:30 – 10:15 Freeskate - Int A, Sr A/B | | 12:00 – 12:45 Comp | |
| Flood | | | Flood | | 6:00 – 6:15 Stroking - Int B | | Flood | | | |
| 2:45 – 3:45 Freeskate - Sr A/B | | | 4:00 – 5:00 Freeskate - Int A, Sr A/B | | | | 10:30 – 11:15 Freeskate - Int A, Sr A/B | | | |
| 3:45 – 4:00 Jump Alignment - Sr A/B | | | Flood | | | | 11:15 – 11:30 Transitions - Int A, Sr A/B | | | |
| Flood | | | 5:15 – 6:00 Freeskate - Int A, Sr A/B | | | | 11:15 – 11:45 Edges - Jr | | | |
| 4:15 – 5:00 Freeskate - Sr A/B | | | 6:00 – 6:15 Stroking - Jr U11, Int A, Sr B | | | | 11:45 – 12:45 Freeskate - Jr | | | |
| Flood | | | 6:15 – 7:15 Freeskate - Jr U11 | | | | | | | |
| 5:15 – 6:00 Freeskate - Jr | | | 7:15 – 7:30 Artistic Development - Jr U11 | | | | | | | |
| 6:00 – 6:30 Jump Alignment - Jr, Int | | | | | | | | | | |
| 6:30 – 6:45 Spins - Jr, Int, Sr B | | | | | | | | | | |
| 6:45 – 7:45 Free - PreJuv, Juv, Sr B* | | | | | | | | | | |
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| 4:15 – 5:00pm Ballet - Jr | | | 4:50 – 5:50pm Ballet - Jr U11 | | 6:20 – 7:20pm Ballet - Int B | | 9:35 – 10:20am Gymnastics - Int B | | | |
| 4:15 – 5:15 Yoga - Sr A | | | 6:20 – 7:20 Ballet - Int A, Sr B | | | | 10:20 – 11:05 Gymnastics - Jr | | | |
| 5:00 – 5:45 Flexibility - PreJuv, Juv | | | | | | | 11:40 – 12:30 Gymnastics - Int A, Sr A/B | | | |
| 5:15 – 6:15 Yoga - Sr A/B | | | | | | | | | | |
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Be sure to discuss your skating schedule with your primary coach.

Email this form to info@icepalace.ca. Skaters must register online prior to submitting their Session Request Form.

Deadline for IPFSC members – August 1